



spotlight on . . .

Safeway #739

by Arthur B. Kalson

Living in a special community like Bernal Heights creates its own illusions. One of them is that Safeway #739, located at 29th and Mission Streets, is "our local supermarket". The fact is, there is nothing local about Safeway. It has over 2300 retail stores, grocery warehouses, and distribution centers around the world, employing over 120,000 people. A privately-owned corporation, Safeway is primarily answerable to its approximately 65,000 stockholders. Safeway, Inc. has little reason to care what its local customers think. Even if sales at Store #739 were to fall dramatically, the company could cut its losses by shutting it down, leaving the neighborhood with no supermarket at all. Such decisions are based on, profit-and-loss statements and investor satisfaction. Safeway relies on advertising and public relations to maintain a positive image with shoppers.

Trade unionists report that Safeway has always been tough on organized labor. The current United Farm Workers-sponsored boycott of Safeway, because of Safeway's unwillingness to stop selling grapes that have been sprayed with known carcinogens, is just one more stage in the antagonistic relationship between the corporation and the UFW that has existed since the early Seventies.

Long lines . . . poor produce . . . staff shortages and high management turnover . . . insufficient services . . . discrimination against the poor and minorities who live in the neighborhood . . . these are some of the criticisms that are frequently leveled at "our" Safeway. A letter that appeared in a 1972 edition of the Bernal Journal complained of just these problems. In September, 1989 Frank Dollard of Elsie Street wrote a letter to Store Manager Donun Chan that addressed the same issues.

Ironically, neither writer, seventeen years apart, complained of bad service or rude treatment. Dollard described the staff as "hard-working, courteous, and genuinely helpful". Both agreed that the problem was one of insensitive corporate policy.

More recently, the San Francisco Chronicle of December 7, 1989 carried a front page story by Staff Writer Jamie Beckett which described a new anti-shoplifting security device now being tested by several major Bay Area supermarket chains. The article indicated that our Safeway was one of the first stores to get the new system. This news further angered neighborhood residents, who resented the implication that shoplifting was more of a problem here than in other parts of town.

On January 8, we called Safeway's corporate office in Fremont, and discussed these questions with Louie Gonzales, Manager of the Urban and Public Affairs Department for their Northern California Division. According to Gonzales, there is no discrimination against this neighborhood. All produce comes from a central warehouse, and stores are designated only by a number. Produce is not separated according to which store will receive it.

continued on page three

St. Anthony's: Faith Generates Action



Douglas Martin, Suzanne Smith, John Flaherty, Karl and Doris Eskelinen, Steve Sumnick and David Schindler, volunteers from the Noe Valley Ministry serve dinner to the homeless at St. Anthony's Church.

St. Anthony's Church, on Army at Folsom Street, is at the center of a whirlwind of community organizing in the Precita Park area. Under the leadership of Father Michael Weldon, the parish has encouraged the creation of the Precita Valley Committee (see "Action Jackson", p. 15), and has been a refuge for the homeless during the month of January.

Sister Maria Elena Martinez, Franciscan Sister and St. Anthony's Social Worker, explains. "In Spanish, we say 'Ver, estar, y actuar.' First, you must see the situation. Next, you must judge the situation. In God's eyes, what is the best thing to do? Then you must act."

The homeless program, under the auspices of the Mayor's Interfaith Task Force on Homelessness, with support from the Koret Foundation and the Hills Brothers Coffee Company, coordinates the efforts of 80 congregations around the city. All shel-

ters are staffed by professionals from St. Vincent de Paul, and have attracted nearly 600 volunteer-helpers of all faiths. The idea is to provide a shelter space with dignity, and follow up with support services. The goal is to help people to move beyond emergency shelters to more permanent housing.

Contrary to the stereotype, nobody "wants" to live on the street. Although a small percentage might be called "chronically homeless" because of alcoholism or health problems, the fastest growing segment of the homeless population is families with young children, many of whom are escaping from domestic violence. Maggie Donahue, Coordinator for the Mayor's Interfaith Task Force, points out that "a lot of people who end up on the streets are unaware of the benefits that they're entitled to, or the services that are available to them."

Although some of St. Anthony's parishioners had doubts about the program at first, many of these same people are now enthusiastic supporters. One volunteer, a mother with four little girls, was herself homeless at one time. Now that her life has taken a turn for the better, she is actively helping with the program.

According to Donahue, "One of the most positive things coming out of this program is interaction between religious communities of different faiths. By engaging people directly on this issue, you're galvanizing some people to become more involved."

The program ended at St. Anthony's on January 27, but will return to the neighborhood at the end of February when St. Kevin's on Cortland Avenue will open its doors to the homeless. To help, contact St. Kevin's at 648-5751, St. Anthony's at 647-2704, or the Mayor's Interfaith Task Force on Homelessness at 554-6134.

Bernal Heights Fourth Annual Community Congress

- When:** Saturday, March 10, 1990, 10am-2pm
Where: Bernal Heights Community Foundation 515 Cortland Avenue (across from the Library)
Why:
1. To hear from our elected and appointed city officials on Youth employment, new affordable housing initiatives, city building controls, Cortland Avenue Spring Cleanup, the fight against drugs, and more.
 2. To vote for your neighbors running for BHCF Board positions.
 3. To continue building a strong and representative Bernal Heights Community Foundation.

Come March 10th and bring a neighbor!!! For further information, call the BHCF at 648-0330

Bernal Heights Cuarto Congreso Anual Para La Comunidad

- Dia:** Sábado, Marzo 10, 1990, 10am-2pm
Lugar: Bernal Heights Community Foundation 515 Cortland Avenue (frente a la Biblioteca)
Temas a tratar:
1. Oír de nuestros oficiales más indicados y electos sobre empleo para la Juventud, nuevas iniciativas para viviendas de bajo costo, controles para construir en la ciudad, Limpieza en Primavera en Cortland Avenue lucha contra la droga y muchos otros temas mas.
 2. Votar por sus vecinos en las posiciones de la Junta Directiva de BHCF
 3. Continuar construyendo una fuerte y representativa Bernal Heights Community Foundation

Los esperamos el 10 de Marzo con uno de sus vecinos!! Para mayor informacion, llamar a BHCF, al tel. 648-0330.

new Bernal Journal

515 Cortland Avenue
San Francisco, CA 94110
(415) 648-0330

The *New Bernal Journal* is an open forum of the community sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles express the views of contributors and are not necessarily those of the Community Foundation.

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Letters

Violence in Our Community: The Readers Respond

Several readers wrote long and thoughtful letters in reply to our editorial on violence in our community, and within our space limitations, we have printed them here. We hope that this marks the beginning of a continuing dialogue, and encourage our readers to share their views on this or any other subject. We won't publish an unsigned letter, but if you want your name with held, just say so.

A Genuine Revolution of Values

... violence has been no stranger to poor people in any age ... Those of us who have shared the ghetto environment for any period are quick to realize that being subjected to chronic violence is one of the most debilitating aspects of true poverty. This violence has many origins. Police protection in poor neighborhoods is a fraction of what it is in more affluent areas. Safety is one of the not-so-obvious benefits of middle class existence for those of us who were brought up in an environment free of terror ...

One can scarcely talk of urban violence without confronting the ubiquitous problems of alcohol and drugs ... At least in part, drugs and alcohol are the anesthetics that we take to numb the nerve endings that we have titillated by exposing ourselves to an inflated rendition of what life is supposed to be, as concocted by the (TV) networks and their corporate sponsors.

A notorious level of interpersonal violence is related to alcohol, especially in the home. I will never forget the twenty-year-old bride of one year, whose sodden husband celebrated their first anniversary by blowing her face off with a shotgun. Struck obliquely by the blast, she has sustained no lethal injury, just hideous deformity that no amount of surgery could begin to rectify. This will always remain for me a vivid prototype of alcohol-related domestic violence.

On the other hand, drugs are even more prone to erupt into overt violence because their illegality creates both tremendous risks and fabulous profits for those who capitalize on them. Since these profits (at least at the street level) are not under the protection of our corporate/legal structure, they are protected instead by the threat of extra-ordinary violence ...

An additional "cause" of neighborhood violence, as reflected on the pages of the *New Bernal Journal*, is our awareness of it. The economic and social forces which have stemmed the flight to the suburbs, neo-urbanism if you will, are forcing up property values within the city. Increasingly, neighborhoods undergoing "gentrification" are rubbing up against the edges of neighborhoods which are traditional enclaves of true poverty ...

... "eliminating prejudice from ourselves" will not silence the engines of drug profiteering,

the abusive use of alcohol and drugs, and the violence inherent in the subculture of poverty where able-bodied young men and women live a life of chronic unemployment in a society which defines success in terms of income and occupational accomplishment ...

What can we contribute to diminishing the level of violence in our communities? To borrow a phrase from Greenpeace, we can try to think globally, and act locally ... "Unacceptable" violence must continue to be defined as unacceptable ... We must continue to organize ourselves, building by building, block by block. We must continue to badger police and appropriate local authorities into providing the protections that they are mandated to provide, and to eliminate specific sources of unacceptable violence such as crack houses, and overt drug dealing. Most importantly, we must support one another on a daily basis, against the outrages of street-side violence ... The violent repercussions of drug profiteering should be recognized for what they are: the despicable terrorization of an unarmed populace by armed mercenaries for the purpose of exploitation.

On a more global level, Martin Luther King called for a "genuine revolution of values" ... we must imagine a value structure that looks at more than just an individual's job description and his income in determining his "worth" ...

Finally, we must seek, create, imagine, and invent ways of giving young people ... a stake in our society, and in our neighborhoods. ...

"Mixed" neighborhoods like Bernal Heights are rich in values which transcend sterile TV stereotypes and reflect the real diversity of the world we live in. That's why many of us have chosen to live here, in spite of some of its problems. We must not seek to eliminate that diversity in order to achieve security, nor should we compromise in the face of unacceptable violence in the mistaken interest of preserving diversity. I submit that concern for the problems presented by community violence is so universal that it can transcend even the near-universal barriers of sexism and racism.

Thomas F. Phillips, MD,
FACS

Glimmers of Hope

Thank you for your incisive editorial on violence in our community and its clear acknowledgment of its roots in societal racism and sexism. Like many of my neighbors and friends in Bernal, I was active in the anti-racist movement of the '60's, embracing the simple but alarming truths of the Kerner Commission Report that black and white America were continuing to become two separate and unequal societies.

Tragically, not much has changed in these 20 years. Although there are more blacks, hispanics, and asians in positions of visible power, the statistics remain unequal. Just last week in the *Examiner*, I saw the following headline: "Gap between rich, poor widens—Income disparity largest since '47". And if you're a woman, it's even worse: More than 75% of the poor are women and children. One out of every five full-time working women earned less than \$7000 a year in 1985. This is the kind of economic violence. ... that clearly contributes to the overt acts mentioned in your editorial.

I carry with me a small clipping from the "Weekly Neighborhood Report" in the *Examiner*. It appeared several months ago and reads, in part: "Bernal Heights Killer Sentenced—A 22-year-old San Francisco man has been convicted of killing a popular housing project resident who was trying to rid his area of drug dealers ... " The added tragedy of this incident, as well as the ones you mentioned in your editorial, is that both perpetrator and victim were black. Rage turned inward. The inevitable result of institutional racism in action.

But there are glimmers of hope. For the first time in ten years, the Bernal Heights Community Foundation has two staff members devoted to helping youth and young adults throughout our neighborhood change their lives. Mauricio Vela, our new Assistant Director/Community Organizer, and Peggy Turnipseed, our Youth Organizer/Job Developer are working hard to provide alternatives to those in our community dealing or using drugs, school dropouts, or those who need a hand to stay in school and build a hopeful future. Also, the Holly Courts Tenants Association and the South Bernal Neighbors Association are working together in an exciting multi-racial/class coalition to not only rid Holly Court of drug dealers, but to build a strong tenants association for themselves as well as future generations living there.

The police alone cannot rid our community of violence. Only we as neighbors can, by working together block by block, realizing our shortcomings, and respecting our differences.

Helen Helfer, Executive
Director, BHCF

(Similar efforts have begun in the Precita Park area, described elsewhere in this issue of the *NB*.—Ed.)

Harrassment of Lesbians and Gay Men

The incidents mentioned in your editorial are just cause for outrage, and I applaud the *Journal's* response to the violence that seems to be on the rise in this community. To your list of suggestions for combatting this violence,

Violence in Our Community

however, I would like to add one more, and that is to reject homophobia.

In the past few months, several of my friends and I have been harrassed in our neighborhood solely because of our sexual orientation. Mostly this has been in the form of verbal comments along the line of "Fag!" or "Lesbian!", but it has also included disturbances and graffiti on our property. The tension caused by such incidents is particularly distressing because it imposes a sense of discomfort and fear where there should be a sense of community.

My roommates and I have lived in Bernal Heights for over two years and have always enjoyed the diversity that distinguishes it from so many other neighborhoods. As a member of the Community Foundation, I know first-hand how much can be accomplished when we all work together regardless of our differences. Prejudice of any kind only makes things worse for all of us.

Terrence Ireland

Homophobia is Not Acceptable

I was angered . . . by the omission of homophobia as a cause of violence. I am sad to note that again this social disease is being avoided, thereby making it somehow more permissible than racism, sexism, or any other form of victimization.

For those of you who don't know it: Homophobia is not acceptable. For example, it isn't okay that some warped judge lets three thugs off the hook for queer-bashing and murdering a man. It especially isn't okay because it happened here in San Francisco, which is supposed to be a safe place for gays.

The oppression and socially-condoned disdain for gays and lesbians must be wiped out before people can truly look at all other people as equals. When you so-called speakers of freedom and righteousness speak out against social ills, please learn to put homophobia right up there on the List of Causes . . .

Name withheld by request

(Reports from Terrence Ireland and others of an increase in harassment of gays and lesbians here in Bernal Heights are shocking evidence in support of the writer's point.—Ed.)

Insane Cultural Tradition

While not disagreeing with your assertion that violence is pervasive in this country, I feel that you are missing the real source: Middle-Eastern religion. Europe and Europe's suburbs (the Americas) have taken it for granted that if other people have something you want and god is on your side (of course he is!), just take it and kill them all so they don't complain.

The racism and sexism you speak of is implicit in the sacred texts of the judeo-christian-islamic tradition. Perusal of the first five books of the bible gives ample evidence of how a backwards (no wheeled vehicles) marauding band who thought they were better than everyone else could march around the countryside perpetrating mass murder against stable, civilized agricultural peoples and believe it was the right thing to do because god said so.

Our country, founded on the institution of human slavery and nurtured by the blood of Native Americans has simply continued this insane "cultural" tradition of violence.

David W. Turner

(Although history does indeed record great crimes committed in the name of organized religion, we must also acknowledge that many unsung individuals daily perform acts of courage and compassion, motivated by their faith in higher powers and spiritual values. Several examples are described in this issue of the NBJ—Ed.)

Long Horrifying History

. . . It is a mistake . . . to assume that violence goes hand in hand with racism and sexism. One or both are entrenched in a number of countries where violence is minimal: Japan, for instance, Costa Rica, Sweden, Germany, and Greece. Our country, as you point out, has a long, horrifying history of violence. Invariably, the grosser forms of American violence are linked to rapacity and corruption of the law. The thug on the sidewalk is only a crude, small-time variant on the contractor who enriches himself by building hazardous nuclear reactors, the factory that pours thousands of tons of poison into our air and water, the congressmen and presidents who please their "friends" by ordering ten times as many nuclear warheads as we could possibly need—

or who dispatch the CIA to "destabilize" elected governments in order to install murderous military juntas to share in the obscene profits our merchants stack up at the expense of the poor laborers of those countries. And of course our politicians have many other "friends" they aren't quite so proud of. How else can our government be helpless—or pretend to be helpless—to suppress drug trafficking and other kinds of organized crime? How else can it be so very respectful of the lunatic policies of the National Rifle Association? How else can it so coolly compel us the people to pay for the colossal thievery of the S&L financiers?

Let us try, by all means, to eliminate nasty attitudes like racism and sexism. It would do a world of good if we merely tried to practice good manners. We'll never reduce violence substantially in this country, though, without reducing rapacious greed and corruption. . .

Frank D. Dollard

People-to-People Interaction is Powerful and Effective

. . . I was deeply disturbed by the violent incidents reported in the Dec/Jan editorial. Having moved to this area last October and discovering friendly people of diverse backgrounds, wonderful Victorians, great shops, and pleasing climate, I was disheartened and frightened by the incidents occurring so close to my residence . . . From the information given in your article we are dealing with two social problems: drugs and racism. These are tough issues that neither politicians nor police can solve. The solution for racism is for people to see others as human beings first who have the same needs in life as the rest of us and that is respect and tolerance. It's going to take time because it means changing peoples' attitudes and prejudices that may have been ingrained in them as children.

But it is never too late to begin. We can start now by greeting our neighbors and people we see frequently and in time communication and understanding each other will follow. I believe in community leaders' efforts to promote ethnic awareness but day to day people to people interaction is powerful and effective.

Barbara Kobayashi

continued from page one

Safeway #739

"As for long check-out lines," said Gonzales, "that is an operational problem that we want to address." He recommended that dissatisfied shoppers make use of in-store "customer comment cards", or call the toll-free Customer Service Telephone Number (1-800-962-1660).

Gonzales took issue with our interpretation of the Chronicle article about the new anti-shoplifting security system. He revealed that Store #739 is about to undergo a multi-million-dollar upgrading, to be started in mid-March and completed by the end of July. Renovations will include the addition of a bakery, delicatessen, salad bar, Chinese kitchen, florist, and fish department. The interior is to be completely redecorated. "We're trying to serve the community by giving it what it needs," Gonzales stated, "and they'll see the evidence in mid-March." He promised that the neighborhood would have a "state-of-the-art Safeway, better than the one in Diamond Heights." He commented that Safeway would not install a new sophisticated security system in a store about to undergo a major overhaul.

Gonzales also denied that managers leave at an unusually high rate. The corporate policy calls for managers to rotate through many stores, so as to familiarize themselves with different types of operations. "Donun Chan is the current Store Manager," Gonzales stated.

On January 9, we attended a meeting of the Northwest Bernal Block Club. The guest speaker was Randy G. Flocchini, Security Investigator for Safeway's Northern California Division, whose territory covers the entire city plus Marin County. Responding to concerns about security problems in the 29th and Mission Safeway parking lot, especially at night, Flocchini replied that Store #739 does have the new anti-shoplifting security system, thus freeing one of his undercover men to patrol outside. He went on to state that the store had gotten a new manager within the previous two weeks.

When we called the local Safeway (826-2866) on January 10, we were informed that Mr. Chan was no longer the Store Manager, having taken a leave of absence. His replacement, Bill Burns, was courteous, but unwilling to be interviewed without permission from the corporate office. He referred us to Mr. Gonzales, who denied us permission to interview Mr. Burns.

Because of its enormous size and buying power, Safeway can advertise low prices on many staple grocery items. We shoppers, faced with the high cost of putting food on the table, grit our teeth, and buy where we can save a few pennies. Maybe we should take another look at that economy. Although another grocery store might charge a bit more for its goods, it may have other advantages that should be figured into our family budgets. It's just possible that, in the final analysis, Safeway is no bargain.

What do you think? Write to the Bernal Journal and we will print your responses in the next issue.

To the Editor:

In December, Cortland Avenue was hit by a number of aggressive graffiti scribbles. Few of their tags have been painted over. Who wants to shop along a commercial strip covered with graffiti? It's about time the various owners of graffitied stores got out a can of paint and at least patched over the tags. People living in graffitied houses

and apartment buildings should take a little pride and a little action as well. Kelly-Moore Paints (I have heard) has paints available for bargain prices for those who need paint solely to remove graffiti. Let's not let our neighborhood slide downhill.

Henry Hollander
Buffet Flat Bookstore.



Norma Planiczka from the East Slope Neighborhood Committee, Jeanne Gustafson of the South Bernal Neighbors Association, and Loretha Monroe from the Holly Court Tenants Association were honored at the BHCF dinner in December. These three community leaders represent the best of Bernal Heights.

BHCF Plan: Affordable Housing Above Farmer's Market

by Diane Ross,
Vice-President, BHCF Board

One of the major goals of the BHCF is to develop housing that is affordable to low and moderate income people. This goal is more crucial today, because an income of \$92,000 is needed to buy the average Bernal Heights home, and rents are soaring beyond the reach of most working people.

As the Coleridge Park Homes (our 49-unit low-cost senior housing development above the Standard Brands Paint Store on Mission Street) neared completion, we began looking for other possible sites. The most promising spot is the vacant city-owned land on the slopes above Farmer's Market on Alemany Boulevard. This property, under-utilized except on Saturdays, offers an exciting opportunity to build more affordable housing.

The Foundation held meetings with the adjacent community on February 28th and July 26th of last year. Area residents expressed concern that the Farmer's Market be preserved without being "yupified". They also considered the future of the Recycling Center; some people are not happy with its present location. Other impor-

tant topics included traffic, parking, lack of basic infrastructure, bus service, shopping, and crime.

The Foundation agreed that the Farmer's Market is an essential neighborhood resource that must be preserved both during and after construction. We promised to study these and other issues carefully in hope of finding a way to build affordable housing on the site without creating the kinds of problems the neighbors anticipated. We hope to incorporate solutions to some of the existing problems into our housing effort.

In October we polled about half of the residents in the surrounding area to obtain more specific information about existing problems and reactions to the possibility of additional housing. The remaining residents were surveyed on January 21st.

In these days of inflated housing prices, it's crucial that we work together to preserve and create homes that average income people can afford. If you are interested in working with us to create more affordable housing opportunities in Bernal Heights, please call the BHCF today.

If you live in the area next to the Farmer's Market and have not yet been surveyed, please call the BHCF (648-0330) so we can talk

PG&E's "Good Neighbor" Policy

by Barbara Bagot

In the aftermath of October's earthquake, many of us were pleased by Pacific Gas & Electric's sensitive and efficient service under extremely difficult conditions. Now they want to help us plan for future emergencies. Beginning this month, PG&E will be conducting neighborhood Earthquake Preparedness Workshops throughout Bernal Heights. Topics will include how and when to turn off utilities, what to set aside in your "survival kit", and what to do if you must evacuate your home. In addition to the standard workshop, special focus workshops have been designed for seniors and also for small businesses. All workshops can be presented in English, Spanish, or Tagalog.

PG&E has long been a good neighbor to Bernal Heights. In

1987, they were the first to step forward with financial support for the Bernal Heights Youth Project. PG&E's \$2500 donation helped the Bernal Heights Community Foundation teach neighborhood youth job skills while revitalizing the *Bernal Journal* into a well-distributed, regularly published voice of the community. In 1989, PG&E's contribution of \$2000 enabled the BHCF to hire Youth Job Developer Peggy Turnipseed. Always a presence at the annual fundraising dinner, PG&E also supported the Third Annual Community Congress in 1989 by funding the special bilingual (Spanish and English) mailing. In December, PG&E became only the second company in the nation to receive the U.S. Department of Labor's "Opportunity 2000 Award" in recognition of its national leadership in affirmative

action and equal opportunity programs.

Don Franklin and Steve Machado, PG&E Residential Service Representatives, are regular visitors to the Bernal Senior Program. According to Senior Program Director Vicki Victoria, "The seniors love them, and always enjoy their presentation—especially the little souvenirs that they distribute!"

The workshop schedule is posted at the Bernal Heights Neighborhood Center. If you'd like more information—or if your block club or community organization would like to host a workshop—please contact Barbara Bagot at 648-2190.

Barbara Bagot, a founder of the BHCF, former Editor of the NBJ and a long time community activist, is currently a consultant for PG&E.

Rev. Carolyn Dyson: Courage and Commitment

Rev. Carolyn Dyson's Greater Labor Ministries is now serving the neighborhood. Located at 511 Cortland Avenue, the storefront church offers valuable services under the heading of the Bernal Community Lifeline Program to people of any ethnic background or religious affiliation.

Rev. Dyson's ambitious undertaking will focus on three areas. First, she is putting together a way for families to reach members whose lives have been taken over by drugs. The Center for Loved Ones Missing in Drug Warfare will serve as a mediator between the family and the "missing person". Rev. Dyson hopes to get some TV airtime to send messages from families to their lost loved ones.

The Dreambuilders Program, for children from 5-21, is designed to help kids learn to articulate their dreams, and give them the opportunity to meet role models from many different backgrounds.

The third part of the Greater Labor Ministries' agenda is the Grandparents Club. Rev. Dyson is concerned about the increasing numbers of grandparents who are placed in the position of having to raise a young grandchild because the parents are involved with drugs. Rev. Dyson herself has legal custody of a nine-year-old granddaughter. She hopes to provide support to other grandparents in a similar situation, particularly those who are older.

Rev. Dyson is quite a role model herself. Alone, she raised three children in the Sunnydale Housing Project, supported by welfare for twelve years. Miraculously, she was able to put herself through San Francisco State University, with a double major in Health Education and Social Welfare. She landed an excellent job as a Social Worker at Mt. Zion Hospital, but a failed marriage forced her to quit. She be-

came a MUNI driver on the 15, 30, and 67 lines. Although she had to struggle against rampant sexism, she became an officer in the Transport Workers Union, and one of the first female Inspectors.

Her ministry became increasingly important to her. In June, she took a leave from MUNI to devote all her time to it. She officially retired in October, investing all her hard-earned retirement

benefits in her Greater Labor Ministries. But she isn't worried. "There's a vast difference between the things we need and the things we want," she explained. "We have most of the things we need."

If you are interested in helping Rev. Carolyn Dyson serve our community, or if you have questions about the Bernal Community Lifeline Program, give her a call at 647-7122.



Rev. Carolyn Dyson at the Holly Courts holiday party with Gerald Whitehead, President of the Bernal Heights Community Foundation

To Joan with Love

by Rev. Carolyn Dyson

Several months ago, some of us who live up on the hill in the area of Anderson and Powhattan were awakened by flames and screams in the night. That burning house, with all of its renovation, was the work and dream of its owner and resident, a woman who, to this day, is known to many of us only as Joan. Joan moved into what was once one of the ugliest eyesores on the hill, a house that, prior to her ownership, had only been a haven. Joan breathed life back into the immediate neighborhood, and thus life into the community as she went

about her work and her dream.

Joan's dream house caught fire in the early September morning that some of us will never forget. Joan was trapped upstairs, and broke both of her legs jumping to safety. We haven't seen Joan since that time, but now we anticipate and we wonder as we see the workers putting the pieces back together.

We release our pain now as we send this message: Joan, the Bernal Community Lifeline would like to hear from you. We send you a lifeline of love, and hopes for a continuous recovery. Please call us and let us know how you are doing at 647-7122.

Celebrate Black History Month



BERNAL HEIGHTS
EXPERTS



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Small Business Advisory

by Claudia Viek, Executive Director
San Francisco Renaissance

Q. I've been in business out of my home for one year. I want to streamline my operations by improving my mailing lists and my bookkeeping. What kind of computer should I get, and how can I get help in setting up?

A. Before you shop for a computer, take an hour to analyze why you need it:

- to write letters, prepared documents
- to organize your mailing list by zip code, age of contact, etc.
- financial information; cash flow planning
- management of a data base

If any of the above needs are too difficult to take care of manually, than an in-house personal computer will be cost-effective.

In choosing your PC you have six choices: IBM-clones, Macintosh, Apple, Atari ST, Amiga, and the Commodore 64/128.

IBM PC clones are much cheaper but take longer to learn. The Mac is more expensive but very easy to learn. You can buy a clone for less than \$500, while a good black-and-white Mac runs around \$2000. The most commonly used word processor programs, such as WordPerfect, MicroSoft Word, or Wordstar, will work on either a clone or a Mac. If you want a spreadsheet accounting program, you would use Lotus

123 for a pc clone or Excel for a Mac.

Local resources:

- **Noe Valley Computers** on 29th Street and San Jose Avenue—for buying equipment and getting start-up support.
- **PC Time** on Mission near 15th Street—for training
- **Whole Earth Access** on Bayshore—sells generic systems and has a broad spectrum of hardware and software.

Go to any of these stores with your list of questions and ask for a demonstration. Get references from the store owner of similar businesses and what they bought. Call whom you know in similar businesses and ask about their experiences. Also, the user clubs for different computers are listed in the back of free magazines such as *Computer Currents* and *Micro Computer Times*. These clubs provide free advice and information.

Good luck!

Special thanks to computer columnist Bob Schwabach, and Paul Terry, business consultant, for assisting in the preparation of this article.

If you have a question for Claudia Viek, send it to Small Business Advisory, c/o Bernal Journal, 515 Cortland Avenue, SF CA 94110



The newly formed Fil-Am Society Choir of St. Kevin's Church delights patrons of the Bernal Branch Library with songs of the holiday season in English and Tagalog. Spreading the joys of Epiphany are: Fr. Manual Corso, Nilda Magbaleta, Eugenia Deleon, Peter Pershe (as Santa), Esther Quitano, Margarita Lagandaon, Reina Fierro, Kanika Fierro, Marcie Wilson, Prudencia Pahilga, Gloria Carvajal, Maura Tingzon, Irene Pagsoligan (President), Clara Sison, Nellie Quiambao, Consorcia Badilla Dawal, Mary H. Villaroman, and Gloria Tagorda. Maligaya Baong Taong!

The Bernal Beat Cop



Police Officer Linda Fontenot—black, female, educated, respected and popular in the neighborhood where she patrols—represents the New Wave in law enforcement. A native San Franciscan, she grew up in the Valencia Gardens Projects, and earned a B.A. degree in Social Welfare from SF State.

Most of her police experience has been positive, but she speaks with great anger and sadness about the time she spent at Taraval Station. During that period, she was the target of constant racial and sexual harassment. Her supervisors would do nothing to help her.

"Police, firemen, doctors—they all have a brotherhood," she explained. "You can't report problems, or they'll retaliate." Other police officers were making threatening phone calls to her home and publicly calling her every vile racist sexist name they could think of. Worst of all, when she was on the street, she could get no back-up, which was a threat to her very life. Finally, after a near-violent confrontation with

one of the ringleaders, she was able to get some help. She took an administrative leave, and got a transfer out of Taraval Station. "As far as I know," she told us, "things haven't improved there."

In 1984, Linda came to Ingle-side Station, where she has been happy ever since. She patrols in a squad car in what's called the 3-Henry-1-Adam area, between Army and Crescent Streets, from Mission Street throughout Bernal Heights. "This is a very good community. People are interested in their neighbors. I believe that if I was in trouble and needed help, someone would come to my aid."

Linda is especially pleased with the support she has gotten from her fellow officers. And she has high praise for Captain Philpott: "He shows concern for the community, and tries to do the best he can with the resources that he has."

Despite the stressful nature of being a police officer, Linda Fontenot is proud of her work, and of the community she serves. "I enjoy being the neighborhood cop that everyone knows."



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Bernal Hill Sidewalk Astronomer

How Big? How Far?

by Tom Kellogg

This month we'll develop a sense of the distances between celestial bodies by reviewing a new booklet, *The Thousand-Yard Model or, The Earth as a Peppercorn*, written by Guy Ottwell from his "Astronomical Workshop" at Furman University, Greenville, South Carolina.

Ottwell uses some familiar objects to represent the sun and the nine planets of our solar system. The scale is one inch to 100,000 miles. The fifteen page booklet presents a tangible way to understand astronomical distances which he calls "the planet walk". Place the sun model (an 8-inch ball, like a bowling ball) at one end of an open area with a half mile of clear space, like the Marina Green or the beach.

Carrying 3 pins, 2 peppercorns, 1 pecan, 1 hazelnut, and 2

peanuts with you, start the "planet walk":

- Walk 10 paces, place a pinhead for Mercury;
- another 9 paces, place a peppercorn for Venus;
- another 7 paces, place the other peppercorn for Earth;
- another 14 paces, place a pinhead for Mars.

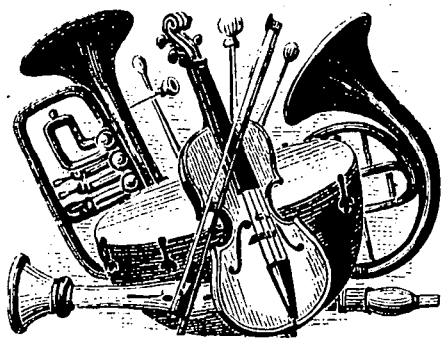
- Look back at how small the sun looks already;
- another 95 paces, place the pecan for Jupiter;
- another 112 paces, place the hazelnut for Saturn;
- another 249 paces, place a peanut for Uranus
- another 281 paces, place the other peanut for Neptune;
- another 242 paces, place the third pinhead for Pluto.

Once you've done this either outside or mentally, look back toward the sun ball,

which is no longer visible even in binoculars, and to look down at the planet Pluto, is to feel the terrifying wonder of space."

At this scale, a "light year" is 1,000 miles! Once again we're back to inconceivable distances, since most stars and galaxies are tens, hundreds, thousands, or even millions of light-years distant.

If you know any science or elementary teachers, tell them about *The Thousand Year Model*, or get one for yourself. I'll leave my copy at our neighborhood library. Plan to experience "the planet walk" with me on March 7 from 5-6 pm, at the Bernal Branch Library. (Rain date is March 14) I'll see you at Mission and 30th or Eugenia and Winfield on clear nights. Call me at 894-2704 during the day to find out where I'll be setting up my telescope next.





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Although he usually paints in water colors, Trusty likes to ex-

Trusty has had a strong sense of purpose from a very young age. He believes that young people learn more when they have the freedom that comes from living independently. Nevertheless, he believes in the importance of strong family ties. He is concerned that "... not enough parents take their kids to museums and

reviewed by Don Gible

Trusty's accomplishments took an extra effort because he was frequently the first black person to do some of the things he has done. Despite adversities and setbacks, he maintains a boundless enthusiasm for life and adventure.

Top Ten Movies of 1989

by Don Gibble

1. *The War of the Roses*
20th Century Fox
2. *Born on the Fourth of July*
Universal
3. *Enemies: a Love Story*
20th Century Fox
4. *Dead Poets Society*
Touchstone
5. *Do the Right Thing*
Universal
6. *Field of Dreams*
Universal
7. *When Harry Met Sally*
Columbia
8. *Lethal Weapon II*
Warner Brothers
9. *The Fabulous Baker Boys*
20th Century Fox
10. *Shirley Valentine*
Paramount

Clifford Trusty continues to work out of his home on Bonview Street. If you'd like to find out more about his work, call him at 285-0283. Support your neighborhood artist!

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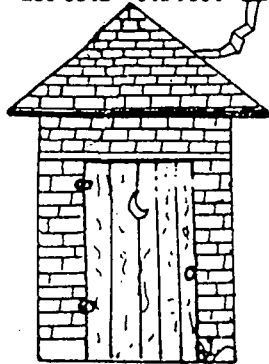
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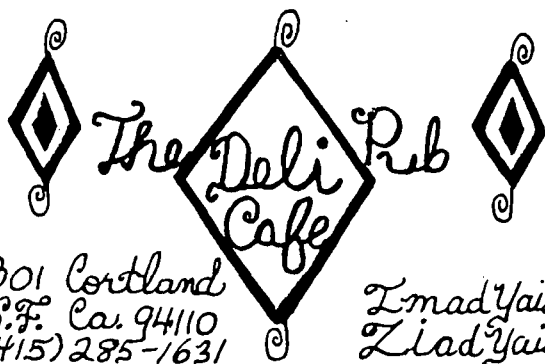
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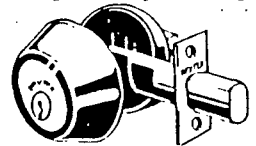
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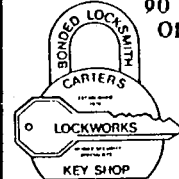
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Wednesday, February 7, 7pm--Children's Films
Wednesday, February 14, 7pm--Philip and Sala Burton
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Wednesday, February 21, 7pm--LaCreea, Rappers; Wajumbe
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Wednesday, February 28, 7pm--Karen McKie and Her Dolls

March, 1990

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Wednesday, March 14, 7pm, and
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Future Library Service Depends on Community Support

by Cathy Bremer, SFPL

January 6 was my last day as Branch Head of the Bernal Heights Branch Library. By the time you read this, I will be involved in my new duties as Assistant to the Chief of Facilities Development at the Main Library.

The Bernal Library is a special place with a friendly staff always willing to provide good library service, a great place for families and kids - a real community asset.

But I want to say that it is this way because of the people who make use of it. The sense of community in Bernal Heights is unsurpassed by any SF neighborhood, and that makes us all want to do a better job for you.

During my time here, I encountered many wonderful people who always appreciated their library. That's why I know that top-quality library service in Bernal is a sure bet for the future.

Special thanks to the businesses and individuals who contributed to our annual magazine fundraising campaign:

Amy Trachtenberg and Jeff Miller, Mai Lum Restaurant, Marvins Gardens, Jane Stevenson,

Sybil Marcus, South of Army Mission Merchants Association, Irene Sandvik, and 4-Star Video

Thanks to the many people who generously contributed money to provide food for our Holiday Open House. It was a real community effort, and that helped us all have a good time.

Warm thanks to Melinda Ward, Jennifer and Izmail Soriano who gave me a touching fare-

15 minutes of fame;

to the Community Foundation staff who have always been there for the library. I'll miss sharing this block with you;

to Henry Hollander of Buffet Flat for his generous contribution of spoken word recordings; and to Toni Grabbe of Marvin Gardens for her special help on numerous occasions;

to all the preschool kids, with a special good-by to the kids at Headstart, Bernal Preschool, and Little People's; and to all the Bernal kids who made my job so much fun;

to my intelligent, creative, and hard-working staff, who worked as a team and always kept the good of the neighborhood in mind;

and finally to the many, many of you who check out

books, come to library programs, ask questions, read our newspapers, and use our Apple computer. In short, to all of you who support the library; keep up the good work, you won't be sorry.

The NBJ welcomes Sue Bizio, the new Head of the Bernal Branch, who began on January 29. We wish her well, and hope that she will continue the library's long tradition of community service.

well party complete with balloons, goodies, and lovely cards. Having these kids say good-by to me in this special way meant a lot.

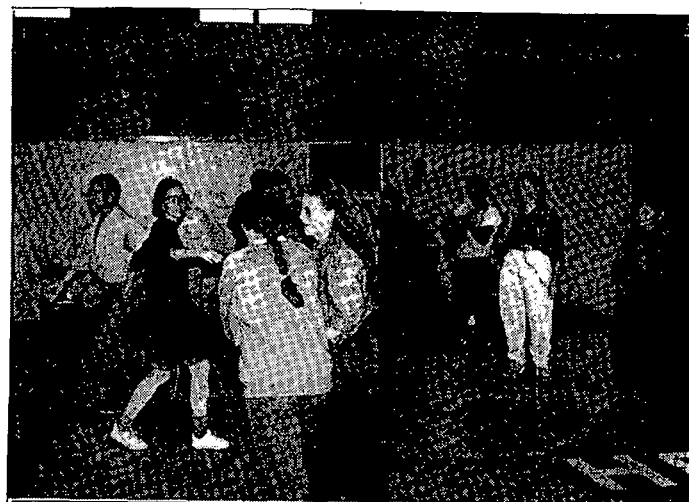
Thanks and appreciation to: neighborhood people who presented programs at Bernal - Bill Cassidy, Helen Sobell, and Diana Cushway; and to David Pearson who made a beautiful wooden eagle mobile for the Children's Room;

to Trudi Richards of the Bernal Greens for giving me my



At the BHCF Annual Dinner last December, Cathy Bremer presented an award to Liza Rivera. We'll miss Cathy as our Branch Head, but are glad to know that she is still our neighbor.

Squares in Bernal Heights?



Dancers swing their partners, as the caller names the steps, and the band lays down the beat.

by Martha Hawthorne

Did you know that every second Saturday a group of Bernal residents has been organizing free square dances with live music? As a special attraction there are also waltzes and polkas too! The dances have been occurring at the Bernal Heights Recreation Center for the past three months. Attendance has increased with each dance.

The caller is Susan Peña, who leads the participants through the dances. All dances are taught first, so no experience is necessary. The only requirement is the desire to have a good time. It's a great way to get some exercise. Besides square dances, Susan always calls some line and circle

dances too.

The music is provided by neighborhood musicians Miguel Govea, Doug Holloway, Dan Norton, Bill Foss, Bruce Sherman, and Martha Hawthorne. The instrumentation includes fiddle, banjo, mandolin, guitar and bass. The polkas feature the energetic accordion playing of Miguel.

Everyone 12 years old and up is welcome, from singles to gay or straight couples. Our next dance will be on Saturday, February 10 at 10am. So come and meet some neighbors and have a good time. Instead of taking that early morning jog, come to the Recreation Center at the corner of Moultrie and Jarboe Streets and dance!

For more information call 282-2125 or 647-6878.

Happy Purim!!

Bernal Hilltop Natural History: Recognizing Grasses

by Barbara M. Pitschel

This column frequently makes reference to the Bernal Hilltop Native Grassland Restoration Project, an ongoing effort undertaken by neighbors and other volunteers to help our hill's native perennial bunchgrass ecosystem to successfully compete against introduced annual grass species and other weedy exotics.

I am frequently asked how to differentiate between native and exotic grasses. There is no easy answer, but I can suggest some beginning guidelines.

There are about 22 grass species presently growing on Bernal Hilltop; 10 of these are natives. Although a couple of Bernal's native grasses are short-lived, all are perennials, which means that they live for more than one growing season. With few exceptions (pampas grass being the major one) the introduced

grasses are annuals, completing their life cycle in a single growing season. Perennials and annuals have some very basic differences in their survival strategies. Perennials put a great deal of energy into developing large, healthy root systems that reach down to the water table and sustain the plant through several dry seasons in semi-dormancy. Some perennial grasses also send out tillers from which new clonal plants are produced by vegetative means. They do cross-pollinate and produce seed, but flowering for most native species does not take place until late spring or early summer after their growth work is done. Annuals, on the other hand, produce seed to reproduce themselves, and then they die, so it behooves them to start growing and flowering early, and to produce as much seed as possible in a single season. If you've had much experience with weeds you

know how successful that strategy is!

With this generalization in mind you can probably guess that the grasses that start to flower early in the season after the first rains are likely to be the weedy ones. I will describe one of the earliest-blooming weed grass species that is all too common on the hill and elsewhere. It is quite distinctive and easy to recognize; many of you are probably already familiar with it.

Hordeum leporinum (foxtail) is a member of the barley or rye subfamily (Hordeae) of the grass family (Graminae or Poaceae). Many grasses have little flower stalks (pedicels) growing off small stemlets (rachillae) which branch off the main stem (rachis), giving the effect of a loose, open inflorescence (flower head). The barley/rye group is different in that all the flowers are attached directly to the main stalk

(rachis) with no secondary stems. *H. leporinum* has three flowers around each node of the rachis. The nodes are closer together along the top end of the stalk. At the tip of each grass flower is a long hair-like structure called an awn. The effect of this compressed flower head with numerous long bristly awns accounts for the common name foxtail. Hordeum plants are green when young, yellowing and browning off with age later in the season, at which point they are the familiar foxtails from your socks and dogs. The species is native to the Mediterranean region of southern Europe, and was probably brought in unintentionally by early Spanish settlers. Such plants were successful here in a climate similar to their own, doubly so because their natural enemies were left behind.

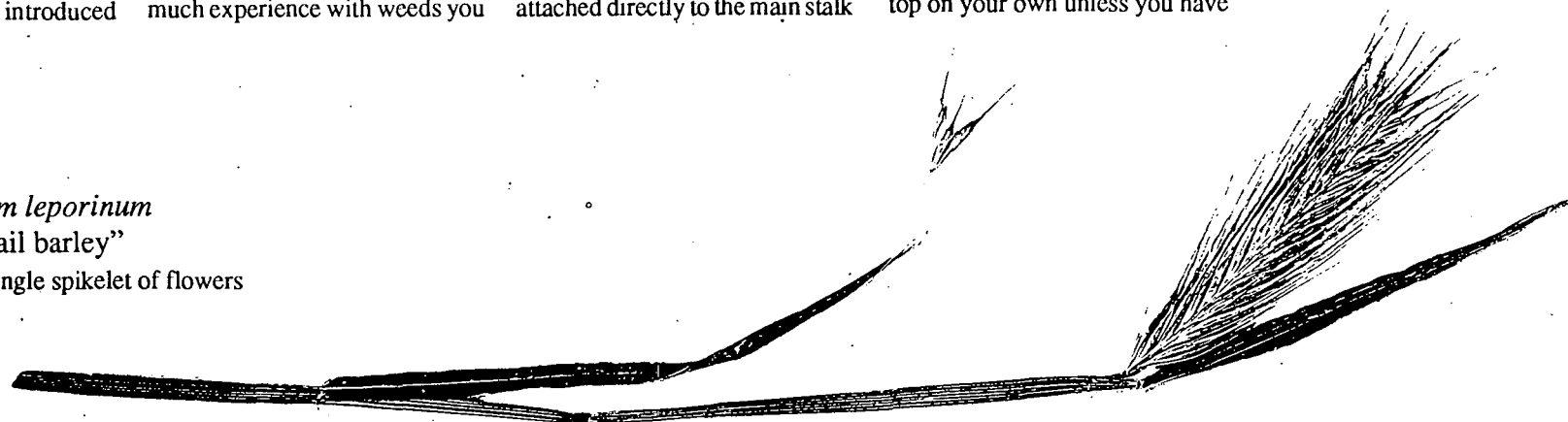
I strongly discourage eradicating these weeds from the hilltop on your own unless you have

already attended work parties and are absolutely certain of the plant's identification. Please note that we frequently cut back flowering stalks instead of uprooting entire plants. This minimizes soil disturbance that permits even worse weeds to establish themselves.

The fastest and easiest way to learn about the Bernal flora is to come to work parties on the third Sunday of each month. Meet by the gate at the foot of the road to the phone company microwave tower at 11 am on February 18, and March 18. Volunteers weed and maintain the revegetation test plot where 190 new native grass plants from Bernal seed were set out in December. You'll learn to recognize and properly remove competitive weeds, and begin to recognize and enjoy the Bernal flora and fauna of each season. If you need additional information you can call me at 282-5066.

Hordeum leporinum
"foxtail barley"

flower stalk and single spikelet of flowers



Health Focus

Certified Nurse-Midwives: An Option for Birthing Families.

by Cheri Van Hoover, C.N.M.

For many women seeking prenatal care and well-woman gynecology the ideal provider would be personal, family-centered, holistic, wellness-oriented, and safety-minded, with an emphasis on nutrition and patient education. This type of care is the foundation of nurse-midwifery. Certified nurse-midwives (CNM's) are experts in normal pregnancy and birth. They provide support and information which enable a woman to assume greater responsibility for her own health and make choices about her care which lead to increased satisfaction. CNM's spend more time with their clients than the average obstetrician, both prenatally and during the labor. Respect for the woman's individual, social, cultural and spiritual needs is another hallmark of CNM care. Pregnancy and birth are seen as normal, healthy parts of a woman's life. The emphasis is on assisting the birthing woman to move through this important transition phase in as smooth and satisfying a way as is possible.

Certified nurse-midwives are educated in the two disciplines of nursing and midwifery. They must pass a rigorous certification examination to meet the requirements of the American College of

Nurse-Midwives. They must also meet state requirements for the licensing of nurse-midwives. All CNM's must arrange for physician back-up in case of complications arising during pregnancy, labor or delivery. Nurse-midwifery care includes services to normal healthy women and their babies in the areas of pre-natal care, labor and delivery management, postpartum care, well-woman gynecology, and normal newborn care. The excellent safety record of CNM's shows that a woman experiencing a healthy pregnancy, labor and delivery is as safe in the hands of a nurse-midwife as she would be with a doctor.

Nationwide there are about 4000 CNM's, practicing in all 50 states. California has the largest concentration of nurse-midwives, most of whom deliver at home. Most private insurance carriers pay for CNM services. Many CNM practices also accept Medical and CHAMPUS, the armed services supplementary insurance for service people and their dependents.

The only private practice of CNM's in San Francisco with hospital privileges is Bay Area Midwifery Services (BAMS), which delivers at Children's Hospital of San Francisco. Many Bernal resi-

dents are familiar with this group of CNM's and have used their services. BAMS is associated with Charles Bookoff, MD and Susan Williams, MD, who offer complete high-risk obstetrical care, treatment of infertility, and gynecological surgery.

More information about nurse-midwifery care and birth options can be obtained from these resources:

Bay Area Midwifery Services
390 Laurel St., Suite 300
S.F., CA. 94118—750-6422.

Natural Resources
4081 24th St.
SF, CA. 94114—550-2611

Children's Hospital of S.F.
3700 California Street
SF CA. 94118—750-6272.

American College of Nurse-Midwives
1522 K Street, NW, Suite 1000
Washington, D.C. 20005—
(202) 289-0171

Cheri Van Hoover, C.N.M. has been a Bernal Heights resident for 13 years. She is the Practice Coordinator for Bay Area Midwifery Services. One of her great joys is to walk through her neighborhood and see the many babies she has helped bring into the world.

Relieving Chronic Pain

by Jeanette Conley, RN, BSN

As children, we are accustomed to feeling pain. Falling on a knee is commonplace. But as we get older, falling on our knee or hurting our shoulder can lead to long-term pain. Most conventional treatments for chronic pain include non-steroidal anti-inflammatory drugs (NSAID). They can suppress the pain in the short run, but long-term use of NSAID's usually doesn't work. The pain comes back anyway, and serious side effects, such as gastro-intestinal irritation and bleeding, are common.

Enzymes and herbs, if used properly, may be more effective in relieving chronic pain. These all work by supporting the body's systems, and by giving the cells strength and energy.

Anti-oxidant enzymes are most commonly used to relieve discomfort caused by arthritis or stress. Cells under stress from infection, disease, chemicals, and overwork produce a greater amount of waste products called "free radicals". The build-up of these free radicals is, in some cases, the cause of pain. Anti-oxidants bind with the free radicals so that they are easily passed through the body.

Feverfew and Willow Bark

are two herbs that can assist in decreasing pain. These can be used for migraine headaches and joint pains, and have recently shown themselves to be effective for Pre-Menstrual Syndrome (PMS). Willow Bark was a precursor to aspirin before they began to manufacture aspirin synthetically.

People in pain often complain of anxiety and trouble sleeping. Valerian Root is very soothing just before bed as a tea, or in capsule form. Passion Flower is also a good sedative, and is milder than Valerian. It is also great for dreams.

Herbal remedies and enzymes can be taken in large amounts for long periods of time, and have few side effects. Ask your health care professional about their proper use.

Jeanette Conley RN, BSN is a nurse specializing in alternative treatments. The Bernal Heights community is invited to attend the Grand Opening of her new office at 737 Corlison on February 10th. Call 550-0449 for more information.

Erin Go Bragh!

Youth news



The Youth Committee gets it together. Top row, l-r: John Connor, Recreation Director, Bernal Rec.; Rev. Harold Franklin, BHCF Board member; Roger Hernandez, Director, Precita Center; Dorothy Coakley, Children's Librarian, Bernal Branch Library; Gerald Whitehead, BHCF Board President; Earl Chase, Alemany Tutorial Project Coordinator. Bottom row, l-r: Peggy Turnipseed, Alemany/BHCF Youth Organizer/Job Developer; Bill Sorro, Youth Committee Co-Chair/BHCF Board Member; Loretha Monroe, Youth Committee Co-Chair/Holly Court PAL Co-Chair; Mauricio Vela, BHCF Assistant Director.

Bernal Heights Youth Groups Coordinate Their Efforts

by Mauricio Vela, BHCF Youth Committee Member

In an effort to make 1990 one of the best years for Youth Services in Bernal Heights, six representatives of neighborhood youth programs met at the Neighborhood Center on January 9.

Their mission—to begin networking to share limited resources. The meeting was lively and very productive, with everyone getting to know one another and the services they provide. The goals of the committee seem quite clear:

1. To recruit more volunteers for all of the youth serving programs.
2. Network and coordinate existing youth services.
3. Ensure that City Park and Rec., Library, Employment, and Police Services are maintained and/or expanded in Bernal Heights.

4. Establish a Bernal Heights Youth Council representing all areas on the hill.
5. Assist one another whenever possible in acquiring funding.

One of the group's first accomplishments was the creation of a daily calendar of all existing neighborhood youth programs, reprinted on this page.

If you are one of those Bernal residents looking for a vehicle to express your concerns about our young people, and a chance to do something positive, join the BHCF Youth Committee. Young people are needed to help us create new and evaluate existing programs. Meetings are held the first Tuesday of every month. The next meeting is scheduled for February 6, 7pm, at the Bernal Heights Neighborhood Center, 515 Cortland Avenue. For more information about the Youth Committee or any of the programs, call Mauricio Vela at 648-0330.

Bernal Heights Youth Activities Daily Calendar

PROGRAM	MON	TUES	WED	THURS	FRI	SAT	SUN
Alemany MVP Tutorial	1:30-5:00 pm	1:30-5:00 pm	1:30-8:00 pm				
Alemany Jobs	9:00 am-1:00 pm	9:00 am-1:00 pm	9:00 am-1:00 pm	1:30-5:00 pm	1:30-5:00 pm		
BHCF Jobs	2:00 pm-5:00 pm	2:00 pm-5:00 pm	2:00 pm-5:00 pm	9:00 am-1:00 pm	9:00 am-1:00 pm		
BHCF Brownies		3:30 pm-7:30 pm					
BHCF Teen Video					7:00 pm-9:00 pm		
Junipero Serra Study Hall/Rec.	2:00 pm-5:30 pm	2:00 pm-5:30 pm	2:00 pm-5:30 pm	2:00 pm-5:30 pm	2:00 pm-5:30 pm	11:00 am-5:00 pm	
Bernal Park & Rec.	3:00 pm-6:00 pm	2:30 pm-6:00 pm	2:30 pm-6:00 pm	2:30 pm-6:00 pm	2:30 pm-6:00 pm	10:00 am-5:00 pm	
St. Mary's Park & Rec.	3:00 pm-10:00 pm	1:00 pm-10:00 pm	1:00 pm-10:00 pm	1:00 pm-10:00 pm	1:00 pm-10:00 pm	10:00 am-6:00 pm	12:00 - 5:00 pm
Bernal Library		10:00 am-6:00 pm	1:00 pm-9:00 pm	1:00 pm-6:00 pm	1:00 pm-6:00 pm	1:00 pm-6:00 pm	
Precita Center Rec.	2:00 pm-6:00 pm	2:00 pm-6:00 pm	2:00 pm-6:00 pm	2:00 pm-6:00 pm	2:00 pm-6:00 pm		
Precita Center TaiKwanDo	6:00 pm-7:00 pm		6:00 pm-7:00 pm				
St. Anthony's Youth Program		7 pm - 9 pm (English)			7 pm - 9 pm (Spanish)		Mass 6 pm (Spanish)
St. Kevin's Youth Program (SKY)	Meeting 7 pm-9 pm						

Alemany MVP Tutorial/Jobs	Earl Chase, Peggy Turnipseed	641-1116
BHCF	Peggy Turnipseed, Mauricio Vela	648-0330
Holly Court	Loretha Monroe, Mauricio Vela	648-0330
Junipero Serra	Director's Office	285-0252
Bernal Recreation Center	John Connor	695-5007
St. Mary's Recreation Center	Sonya Monk	695-5006
Bernal Library	Dorothy Coakley	285-1744
Precita Center	Roger Hernandez	285-7833
St. Anthony's	Tommy King	647-2704
St. Kevin's SKY	Pete Rodriguez	648-5751

New Kids on the Block Mania

by amie barrows

On December 21, 1989, hundreds of people walked off BART and into another dimension, the New Kids world. It is a world of overpriced souvenirs, screaming, hysterical teenage girls, and five young men making millions of dollars this year alone. It is a world of platinum records, chart busting singles, literally tons of fan mail, and sold out concerts all over the United States, Canada, and Europe. If you are a teenager, or know one, than you understand what I am talking about; the New Kids on the Block and the disease so many of their fans have—Newkidsmania.

By the time the show started, the Oakland Colosseum was full. Everyone had their \$20 shirts and their \$12 programs with photos of the boys, Jordan and John Knight, Joe McIntyre, Danny Wood, and Donnie Wahlberg. The Colosseum staff, keeping everyone sitting, not standing, on their seats, and not allowing anyone to walk down the aisles in search of a better view. The opening acts were the Cover Girls, and Dino. The Cover Girls

sang six of their songs, but only brought the crowd to its feet when they mentioned the New Kids. Not many of the young girls were there to see three young women dancing around in skimpy underwear.

During Dino's set, he sang five songs, including "Summer Girls" and "I Like It". After Dino had videotaped the crowd with his camcorder, and told us that we were the best crowd yet, the stage crew came out to prepare for the New Kids. They set up quickly, and, before anyone knew it, there they were, the guys kids spend countless hours dreaming about, and countless dollars on. They opened their set with "My Favorite Girl" from their second album *Hanging Tough*, and followed with more songs from that album, as well as songs from their first album and their brand new Christmas album.

Between songs, one of the New Kids (usually Jordan Knight or Donnie Wahlberg, the most crowd-pleasing) would move to the front of the stage and talk to the audience while his counterparts got water. They talked about old girlfriends, and what a wonderful, crazy crowd we were. This seemed to delight the New Kids almost as much as it did the fans. Altogether, the New Kids concert was a smashing success, for their pockets, their image, and for the continuation of the fantasy world their fans live in. Objectively, the only reason anyone had fun is because they wanted to. Since the group doesn't play their own instruments or write their own songs, they are depending on their looks, and so far, they're doing just fine. It will be interesting to see if their posters are still on the walls of so many bedrooms by this time next year. Until then, Newkidsmania is alive and thriving.

Bernal Heights resident amie barrows is a freshman at Lowell High School.

My Friend the Actor

by Bernadette Lemon

I have a friend that most of you know, Don Gible. Two years ago he moved to Los Angeles to become a professional actor. He's been acting all his life. He went to the School of the Arts here in San Francisco, but he felt that he needed to move to L.A. and make it big.

In November, Don's mother, step-father, sister, and I went down to L.A. for the opening of his play, *The Class of 1990*. Don wrote, directed, co-produced, and appeared in the play—a first for a 20-year-old in Los Angeles.

I was so proud of him! The

play is about eight high school seniors and one college freshman. The freshman comes back to visit her friends who were juniors when she was a senior. The play deals with such issues as drug and alcohol abuse, pregnancy, religion, being an outcast, and dealing with peer pressure. Don hopes to bring the show to San Francisco in February or March.

Since the nine characters are based on kids that Don knew at the School of the Arts, it makes sense to have it run here in San Francisco. And it gives a message that all teenagers should hear, so when the play does come to town, you should all see it.

The Bernal Heights Community Foundation Youth Committee presents

Friday Night at the Movies

February Schedule

- 2/2 *Running Man*
- 2/10 *Disorderlies* (starring the Fat Boys)
- 2/16 *Beat Street**
- 2/23 *Souder*

March Schedule

- 3/2 *I'm Gonna Get You Sucka*
- 3/9 *Friday the 13th VI: Jason Lives!*
- 3/16 *Lean on Me***
- 3/23 *Cyborg*
- 3/30 *Rooftops*

Rap Session to Follow

* at Holly Court Project
100 Appleton Street

** at Alemany Housing Project
956 Ellsworth Street

Time: 7pm

All Movies are free!

Location: Bernal Heights Neighborhood Center
515 Cortland Avenue 648-0330

Movies donated by Four Star Videos

ACTION JACKSON

Getting Things Done: Neighbors Organize, Reclaim Precita Park

This edition of Action Jackson was written by Gwendolyn Sands Goguelet
of the Precita Valley Committee

During the past several months the Precita Park area had suffered considerable vandalism from a group of about 20 Latino boys who were hanging around the park. Many people had their cars trashed and windows of their homes broken. Graffiti was everywhere. Local merchants endured petty theft and damage to their machines. Determined to put a stop to this, area residents began meeting at St. Anthony's Church, with Fr. Michael Weldon presiding.

About thirty people came to the first meeting to outline the problems. The boys, who identified themselves as a gang, were apparently drinking heavily and using PCP, a drug that renders the users irrational and gives them seemingly superhuman strength without any feeling of pain until the drug wears off. They were responsible for smashing the bus stop at Precita Park, and have intimidated many people who like to use the park. Several residents tried to approach these boys politely to ask that they not destroy property, but they suffered retaliation.

The second meeting was a brainstorming session to search for ideas on ways to discourage this gang. We circulated a petition and submitted it to the police, asking them to become more active in patrolling the area. Captain Philpott of Ingleside Station was very responsive, and the residents saw an immediate increase in police presence, which seemed to discourage the boys. A few weeks ago the police led a drug raid in a building on Folsom Street, and the vandalism rate consequently dropped significantly. San Francisco Public Health Department has cited the building for numerous health code violations, and it is now being painted. If the violations are not promptly addressed by the owner, the complaint will be forwarded to the District Attorney's office. A few other property owners were notified about their problem tenants and asked to clean up their buildings. We invited members of

other neighborhood watch groups to come our next meeting, and distributed flyers around the area to increase community awareness and encourage more neighbors to participate.

About 35 people attended the third meeting. Members of the Inner Mission Neighbors, the Bernal Heights Association, and Northwest Bernal Block Club spoke about their efforts and gave many suggestions of ways to improve the safety level of the area. In addition, a speaker from Safety Awareness for Everyone (SAFE), an organization that advises neighborhood watch groups all over the city, offered numerous ideas and gave specific recommendations on how to handle calls to the police and organize a clean-up day

outs and brown-outs, and traffic problems at the Folsom/Army intersection. Several days later, Officer Baxter, speaking for Captain Philpott, suggested that it may be possible to extend the footbeat of the officer currently working the area around 30th and Mission Streets.

Mayor Agnos responded to our letter on December 29, stating his commitment to achieving full staffing complements for Police and Fire services. He pointed out that two classes of 40 recruits each will attend the SF Police Academy during this fiscal year, and promised that all these new officers will be assigned to beat patrols.

Scott Shaw, Assistant Superintendent of the Bureau of Street Cleaning and Urban Forestry spoke at our January 13, 1990 meeting. Although a hard rainstorm kept the attendance low, we tackled such issues as street cleaning, controlled parking, garbage collection, and recycling. Thanks to our group's efforts, the City will add

extensions to the streetlights on Folsom Street near Army to improve visibility, and will consider adding more lights to that block. We'll schedule our neighborhood clean-up day in the spring, when the weather is more predictable.

In a relatively short time, our group has accomplished a lot. The troublemakers have disappeared from Precita Park, and the area is generally calmer. We have established good working relationships with various city agencies. Most important of all, we have gotten to know one another, and have worked together for our common good. We now call ourselves the Precita Valley Committee, and invite neighborhood residents to join us at our next meeting on February 10 at 10am, in the cafeteria at St. Anthony's Church on Folsom at Precita.



Here comes the neighborhood: the Precita Valley Committee meets at St. Anthony's Church on a rainy Saturday morning.

for the community. They gave us a list of names of people to contact in the city government, and helped us outline a strategy for getting more police officers assigned to this district. We sent a letter to Captain Philpott (with a copy to Mayor Agnos) asking that the Precita Park area be considered for a new program called the Community Police Officer Program (C.P.O.P). The officers are required to establish a rapport with the residents and the local merchants in a return to the old-style footbeat, in hopes of creating a more personal and cooperative relationship between police and residents.

Several new people attended the December 2nd meeting. We agreed to set a date for graffiti removal, and designated individuals to contact various city departments regarding more frequent street cleaning, repeated black-

..... clip and save

Action Jackson's Guide to Safety

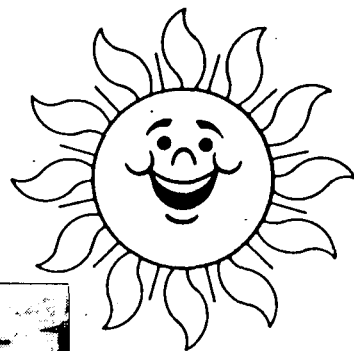
Here are a number of hints on ways to help you remain safe and protect your community:

1. Call 911 only if it is an emergency. To report non-emergency activity, call 553-0123. Keep calls brief and to the point. State your name, address, and the problem in a few words. If you are calling about more than one person, try to describe at least one of them from head to toe.
2. If you do not speak English but need to call the police, call one of the above numbers and state in English the language you do speak. The telephone operator will put you through to an interpreter within minutes. If you have to wait more than ten minutes for an interpreter, note the time and date you called and report it to the nearest police station so that the delay may be investigated.
3. Do not hesitate to call the police at 553-0123 if there is any illegal activity even if the culprits are no longer there. The more calls a district receives, the more police officers are assigned to that district. That includes reports of car theft or breakage. If there is continual illegal activity, such as drug trafficking, keep a journal of names, times, places, and pertinent facts, and file it with the police so they can follow up more effectively than with a single phone call regarding a single transaction.
4. If you feel your life is threatened, you have the right to break a fire "call box". The Fire Department will respond immediately.
5. Keep your area clear of graffiti, trash, broken bottles, etc., as this tends to attract more of the same. Try to have your entrance well lit at night. Keep your eyes open for suspicious activity in the area.
6. Attend the neighborhood watch meetings for more ideas on how to protect yourself.
7. For specific information on protection for yourself and your valuables, call Safety Awareness for Everyone (SAFE) at 673-SAFE, or write to SAFE at 850 Bryant Street, Room 553, SF CA 94103

A continuación tenemos varias recomendaciones útiles para mantenerlo a salvo y proteger su comunidad:

1. Llame al 911 solamente si es una emergencia. Para reportar una actividad que no es de emergencia, llame al 553-0123. Sea breve y conciso. De su nombre, dirección, y el problema en pocas palabras. Si usted está hablando sobre varias personas, trate de describir por lo menos una de ellas de la cabeza a los pies.
2. Si Ud. no habla Inglés pero necesita llamar a la policía, marque uno de los teléfonos arriba indicados y dígalos en Inglés el idioma que Ud. habla. El operador lo comunicará con un intérprete. Si Ud. tiene que esperar mas de diez minutos por un intérprete, tome nota de la hora y día que Ud. llamó y repórtelo a la estación de policía mas cercana, de manera que el atraso pueda ser investigado.
3. No vacile en llamar a la policía al 553-0123 de haber cualquier actividad ilegal aun si los culpables no están allí. Conforme más llamadas reciba un distrito, muchos mas oficiales son asignados a ese distrito. Eso incluye reportes de robo de carros o pérdidas por vidrios rotos. De haber una actividad ilegal continua, tal como tráfico drogas, mantenga un registro con nombres, horas, lugares y hechos pertinentes y déselos a la policía tal que ellos puedan darle seguimiento mas efectivo que con una simple llamada relacionada con una simple transacción.
4. Si su vida está en peligro, usted tiene el derecho de romper una de las "cajas de telefonos utilizados en caso de incendio". El Departamento de bomberos le contestara inmediatamente.
5. Mantenga su area libre de basura, botellas rotas, etc., ya que esto tiende a acumular mas. Trate de tener su entrada bien iluminada por la noche. Mantengase alerta por cualquier actividad sospechosa en el area.
6. Asista a las reuniones de vigilancia del vecindario para tener mayores ideas de como protegerse por usted mismo.
7. Para informacion especifica sobre proteccion para usted mismo y sus cosas de valor, llame al Safety Awareness for Everyone al 673-SAFE, o escriba a SAFE en 850 Bryant Street, Room 553, SF CA 94103.

.....



Epenesa Togiai hugs Sophia Tupuola, who keeps her eye on the orange soda.



Tony Rodriguez manipulates the chicken to everyone's best advantage.

Holly Courts Celebrates!

On December 23, Holly Court threw a holiday block party that delighted everyone who attended. There was lots of good food, gifts and games for the kids, and smiles all around.

Holly Court has a lot to celebrate. In the October issue of the *NBJ* we reported on the efforts of the community to organize. Since then, the neighborhood has been able to record a string of victories. Drug dealing in the area seems to have diminished. Increased police patrols have evolved into a Police Athletic League program. A private developer has donated half a million dollars toward modernization. The tenants are moving in the direction of total self-management. Most importantly, Holly Court has developed a dynamic relationship with the surrounding neighbor-

hood. Personal prejudices and barriers are slowly melting away as people get to know one another through working together toward a common goal.

Of course, there is some controversy. Political in-fighting continues to be a problem, as groups and individuals jockey for position. Money is always scarce, and no one wants to be short-changed. Tenants of other public housing projects, with problems that are just as bad if not worse, look upon Holly Court's successes with a certain amount of envy and resentment.

But there was no controversy about the party, as you can see from the photos on this page. Let's congratulate our neighbors on their successes, and wish them, and all of us, more of the same in 1990!



The children line up to receive their presents, donated by the San Francisco Housing Authority and the always-helpful Captain Diarmuid Philpott from Ingleside Station.



Deidra, Kimberley, Wanetta, and Tameka take a break between courses.



South Bernal neighbor Kathleen McKeon worked with the children on arts and crafts projects, and decorated the area with their beautiful creations.



Itagia Togiai stretches out in the sunshine.

